

BENT KNEE HIP ROTATION (SUPINE) WITH STABLE PELVIS



19 A: *Internal*



19 B: *External*

Purpose: To improve range of motion of hip capsule.

Benefit: Increased hip rotation potential in backswing and hip release in downswing/follow through.

Instruction: Lie flat on back with one leg in bent position. Place both hands on top of pelvis, move bent leg outward toward floor. Then return leg to starting position.

Quantity: Hold _____ _____ reps _____ set(s)